



Kindness CHECKLIST



We challenge you to do at least 3 things on each list below.

Colour the hearts next to the things you do so you can keep track of them and **have fun!**

Please ask a parent or teacher to email a photo of you with your list to lisa@ripplekindness.org.

Kindness at school

- ♡ Give someone a compliment
- ♡ Give a friend a hug
- ♡ Include people in your game
- ♡ Put a nice note on someone's desk
- ♡ Help your teacher
- ♡ Give someone a turn
- ♡ Use your manners
- ♡ Help tidy your classroom
- ♡ Make your teacher a thank you card
- ♡ Talk to someone who looks lonely
- ♡ Take clothes left in the yard to lost property
- ♡ Say thank you to people who are kind to you
- ♡ Put flowers or kind notes on cars in the carpark

Kindness at home

- ♡ Do a job without being asked
- ♡ Put your stuff away
- ♡ Help a neighbour or friend with something
- ♡ Clean your parent's car
- ♡ Share your stuff or treats with someone
- ♡ Make your parents breakfast or lunch
- ♡ Take out the rubbish/trash
- ♡ Make your bed
- ♡ Help your parents cook dinner
- ♡ Help hang the laundry and take it down
- ♡ Ask before you use someone's stuff
- ♡ Run a bath for your mum/mom or dad
- ♡ Play with your brother or sister

Kindness in the community

- ♡ Pick up rubbish/litter when you see it
- ♡ Compliment three people
- ♡ Smile at three people
- ♡ Hold a door open for someone
- ♡ Say hello to your neighbours
- ♡ Leave positive messages in public places
- ♡ Write letters to people in nursing homes
- ♡ Donate your old books to a doctor or hospital
- ♡ Take cookies to a police or fire station
- ♡ Set up a free car wash
- ♡ Say hello to an elderly person at the shops
- ♡ Leave bubbles in a park for other kids to find
- ♡ Take in your neighbour's rubbish/garbage bin

Kindness with adults

- ♡ Donate stuff you no longer want or need
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog with or for your parents
- ♡ Pick up rubbish/litter in a park
- ♡ Help at a community event
- ♡ Do things your parents enjoy with a smile
- ♡ Put positive chalk messages in a public place
- ♡ Take a meal to a homeless person
- ♡ Buy an extra ice-cream for a stranger
- ♡ Paint stones and write positive things on them
- ♡ Take blankets or toys to an animal refuge
- ♡ Wash someone's car together

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